

DE-STRESS WEEK

De-Stress Week is a week of events offered by the Fitness & Wellness department to help students and members relax as they prepare for finals.

The calendar of events is as follows:

Dec 1st: Stretch & Go from 1:30p-2p in *Studio C* with Jocelyn

Stretch & Go: looking for a good stretch? This is a class designed to provide the body with stretches targeting all of the major muscle groups in just 30 minutes. This class is perfect for everyone whether an athlete, weight lifter, or someone that just needs a quick stretch on the go.

Dec 2nd: Meditating & Breathing from 4:30p-5p in *Studio C* with Grady

Mediation & Breathing: this 25 minute session focusing on breathing techniques to calm the mind and body will leave you feeling relaxed and concentrated.

Dec 3rd: Stretch & Go from 1:30p-2p in *Studio C* with Jocelyn

Stretch & Go: looking for a good stretch? This is a class designed to provide the body with stretches targeting all of the major muscle groups in just 30 minutes. This class is perfect for everyone whether an athlete, weight lifter, or someone that just needs a quick stretch on the go.

Dec 4th: Glow in the Dark Spin-A-Thon from 5p-8p in the *Cycle Studio*.

Wear your best and brightest and join us under the black lights for a glow in the dark themed Spin-A-Thon! There will be a variety of instructors teaching during the 3 hours.

Dec 5th: Reiki from 1:30p-2:15p in *Studio C* with Sarah

Reiki: this session will focus on healing the body through channeling energy through touch, by activating the natural healing processes of the body and restoring physical and emotional well-being.

All Week Long:

Those who participate in any of the activities will be entered in to a raffle to win some great fitness and wellness prizes. You can attend as many as you'd like for more opportunities to be entered to win!

There will also be a peppermint table in the front lobby! Visit the table to grab a peppermint and raffle. Peppermints help to sooth and relax the body. If the table isn't out when you come through, stop by the Pro-Shop to grab one!

